

Patient Education

Topics Include:

- Arthritis
- 5 Secrets to Looking and Feeling Younger
- Peak Performance
- Natural Solutions to Digestive Problems
- Children & Chiropractic
- Reducing Headaches
- Fibromyalgia
- Losing Weight Naturally
- Balancing Hormones
- Freedom From Back and Leg Pain
- Reducing On-the-Job Injuries
- ADD/ADHD
- Stay Fit While You Sit
- Corporate Wellness America Program
- Stretching Your Way to Good Health
- Carpal Tunnel Syndrome
- Health & Stress
- Natural Solutions to Breathing Problems
- Enhancing Athletic Performance
- Restless Leg Syndrome
- Depression
- Autism
- Trigger Points
- Sleep Issues
- Massage
- Pain Management
- Fertility Improvement
-And More!

Referrals

We welcome referrals of new patients. We promise to provide your family and friends with courteous professional treatment.

Financial Policy

- Treatment recommendations are not designed based on insurance coverage but rather on what you need.
- Our office will be happy to assist you with insurance and call for pre-certifications as needed.
- Co-payments and uninsured portions of your care are due at the time of service.
- Our office accepts cash, checks, Visa, Mastercard, and American Express for your convenience.
- Payment plans are also available.

Your First Visit

- An in-depth conversation with the doctor to discuss health concerns for you and your family.
- An examination will be performed to locate the cause of the problem.
- Safe, low dose digital X-rays will be taken, if indicated.
- A complete review of findings with recommendations for care will be scheduled.
- If yours is not a chiropractic case, referral to another professional will be made.

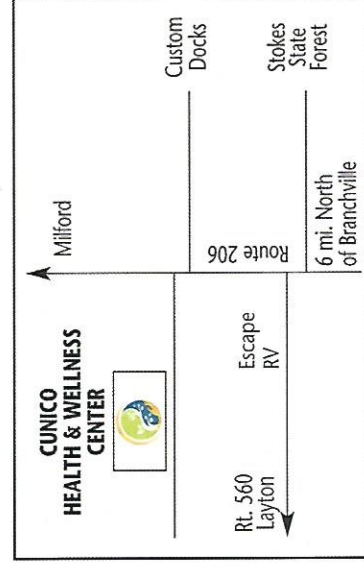
Hours

Chiropractic & Nutrition..... Monday 9:00 am – 5:30 pm
 Wednesday & Thursday 2:00 pm – 5:30 pm
 Saturday 8:00 am – 10:30 pm

Weight Loss.....
 Monday, Wednesday & Thursday 9:00 am – 5:30 pm
 Saturday 8:00 am – 10:30 pm

Acupuncture.....Tuesday 11:00 am – 2:00 pm
 Thursday 9:00 am – 12:00 pm
 Friday 12:00 am – 5:00 pm

For all other appointment times, please give our office a call to set up your appointment.

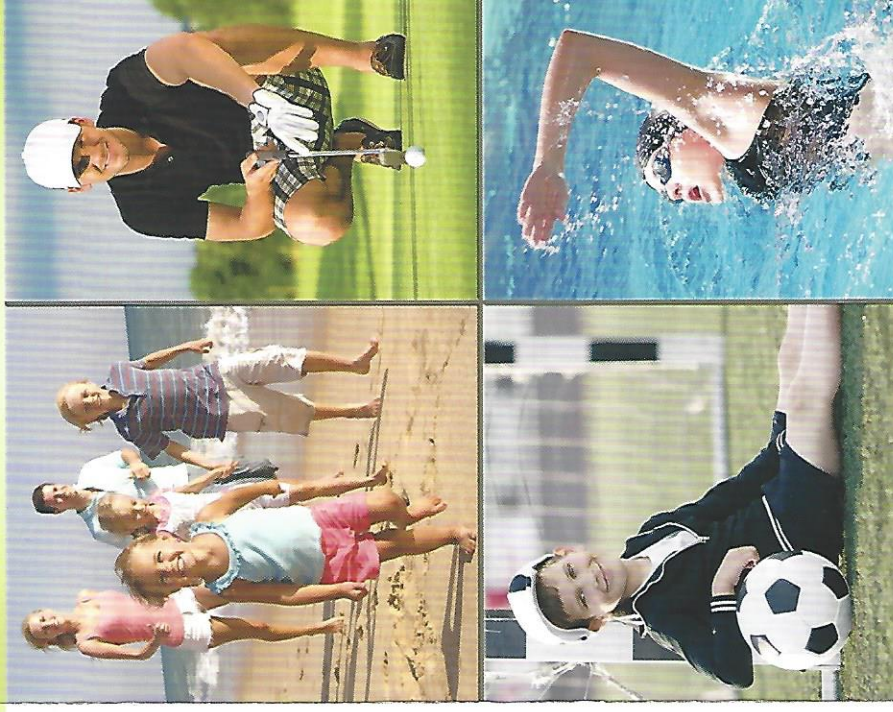


Location

Cunico Health & Wellness Center is conveniently located at 237 Route 206 in the Taylor Springs Building in Sandyston at the 125 mile marker.

Call 973-948-7595

www.cunicohealthandwellness.com



Welcome to



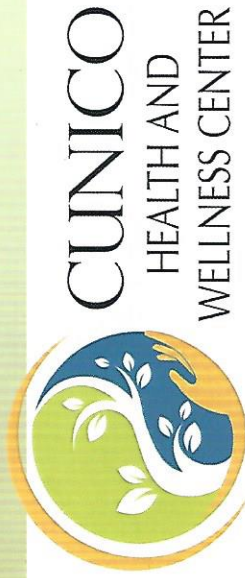
CUNICO
 HEALTH AND
 WELLNESS CENTER

Chiropractic • Acupuncture • Weight Loss
 Nutrition • Massage • Custom Orthotics
 Cold Laser

237 Route 206 • Sandyston, NJ 07826

973-948-7595

www.cunicohealthandwellness.com



Our Mission

- to integrate the best of chiropractic and provide the highest quality of health care;
- to restore each patient to optimal health and well-being;
- to recognize the value of all we come in contact with and
- to give unselfishly our time and talents to our families, associates, and our community.

Our practice is family oriented, treating all ages from newborns to those that have already lived a full life. It is a fun environment with easy, gentle therapies designed to relieve pain and improve the quality of your life.

Do You Suffer From?

Some of the conditions most often treated here are:

- Low Back Pain
- Neck Pain
- Joint Pain
- Balance Disorders
- Sciatica
- Sports Injuries
- Restless Leg Syndrome
- Auto / Work Injuries
- Hormonal Imbalances
- Digestive Disorders
- Headache
- Failed Back or Knee Surgery
- Carpal Tunnel
- Numbness/Tingling
- Fibromyalgia
- Muscle Strains/Sprains
- Fatigue
- Osteoarthritis
- Obesity/Weight Management
- Neuropathy
- Osteoarthritis of the Knee

Results: Why you should choose us

- We accept only those patients whom we believe we can help.
- Dr. Cunico has years of experience serving thousands of patients.
- We give thorough exams, and have state-of-the-art equipment.
- We explain everything in advance and same day appointments are usually available.

Chiropractic Care



Chiropractic care is aimed at restoring and maintaining normal posture, joint, muscle and nervous system function. Its goal is to treat the whole person, not just treat isolated symptoms or diseases. Our office uses the The Sigma Method, a highly effective adjustment tool that helps us deliver results that make a difference. Unlike traditional adjustments there is NO twisting or turning of the neck or back. You sit while the computer and the chiropractor do all the work! We also offer the latest technology to detect spinal nerve interference and spinal stress. The Insight Subluxation Station analyzes the function of the spine and central nervous system, which can not be seen on x-ray. The Insight System has four different and distinct tests that safely and accurately document each patient's level of nerve stress. With that, doctors can monitor and provide their patients with the information they need to make the best decisions for their health. The test will indicate where the brain and spinal nerves have lost ability to communicate effectively to the organ systems, muscles and spinal joints. If you have not responded well to chiropractic in the past, the new technologies may be your answer to a pain-free life.



Acupuncture

Useful for pain management, and as part of a comprehensive system of preventative healthcare, acupuncture usually is done by placing very thin pins into the skin at certain points on the body to produce energy flow along the body's meridians.

Acupuncture has been used for many conditions including asthma, allergies, infertility, hormone imbalance and digestive problems.

Massage

Much like chiropractic care, massage seeks to offer healing through a hands-on, drug-free technique, providing a long-term benefit of lasting relief. When combined, the two can be especially helpful. Much like spinal adjustments, massages are able to improve the flexibility and mobility of impacted areas such as muscles, ligaments, and other soft tissue.

Weight Management

Maintaining a healthy weight can literally "*add years to your life and life to your years*". Our center offers weight loss management that includes the Ideal Protein Weight Loss Plan. This medically designed plan helps stabilize blood sugar levels while burning fat and maintaining muscle and lean tissue. In addition we offer exercise and nutritional re-education to help our clients reach a more healthy body weight.

Whole Food Supplements

With proper nutrition, the human body has an amazing ability to heal itself. To do so, we need to eat a healthier diet, exercise, and take high-quality supplements made from whole foods. Our office offers a complete line of Whole Food Supplements to help our clients achieve optimal nutrition for good health. These supplements supply our bodies with all the nutrients, vitamins, and minerals that foods possess in a way that nature intended, in a unprocessed, whole food form.

Custom Sports Orthotics

Supporting and correcting the feet is about so much more than "just" good foot health. Foot Levelers' custom-made functional orthotics are research-proven to assist with pain relief and symptoms throughout the body. Ask about Foot Levelers' #1 Doctor recommended InMotion® custom orthotic, infused with silver for odor protection and Celliant® for more energy and stamina, or the new CPOYA™ for teen athletes with MPAX™ in the heel to absorb up to 90% of shock, helping to protect players from injury. We also offer Comfort and Luxury lines, orthotics for extreme athletes, and many more.

Cold Laser Therapy - Pain Management

Cold Laser Therapy or Low Level Laser Therapy (LLLT) utilizes specific wavelengths of light to interact with tissue, muscle, ligament, cartilage, and nerves. It is thought to help accelerate the healing process. It can be used on patients who suffer from a variety of acute and chronic conditions in order to help eliminate pain, swelling, reduce spasms and increase functionality.

Some conditions that may be treated by this therapy include:

- Arthritis pain
- Back pain
- Carpal tunnel syndrome
- Fibromyalgia pain
- Knee pain
- Neck pain
- Tendonitis
- Sports injuries